




# Effectiveness of Integrating Quality of Life-Based Therapy and Phototherapy on Emotion Regulation, Depression, and Anxiety in Psychosomatic Patients

Leila. Tayebmanesh<sup>1</sup>, Nadereh. Saadati<sup>2, 1\*</sup>

<sup>1</sup> Department of Psychology, Islamic Azad University, Isfahan Branch (Khorasgan), Isfahan, Iran  
<sup>2</sup> Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada

\* Corresponding author email address: nsaadati@kmanresce.ca

Editor	Reviewers
Mehdi Rostami  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. mehdirostami@kmanresce.ca	<b>Reviewer 1:</b> Maryam Yavari Kermani  Department of Psychology, Payame noor University, Tehran, Iran. Email: m.yavari@pnu.ac.ir <b>Reviewer 2:</b> Mahmoud Shirazi  Department of Psychology, Faculty of Psychology and Educational Sciences, Sistan and Baluchestan University, Zahedan, Iran. Email: m.shirazi42@edpsy.usb.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

This study contributes valuable insights into the efficacy of combining quality of life-based therapy and phototherapy for improving emotion regulation, depression, and anxiety among psychosomatic patients. Expanding on the preliminary successes reported here, future research could explore larger samples, long-term effects, and the specific mechanisms at play, ultimately informing more effective, holistic treatment strategies for psychosomatic conditions.

While the study demonstrates the effectiveness of the integrated approach, comparing it against standalone treatments could further elucidate the unique contributions of quality of life-based therapy and phototherapy.

Incorporating a wider range of psychological and somatic measures could reveal additional benefits of the integrated therapy and inform more targeted interventions.

*1.2. Reviewer 2*

Reviewer:

The relatively small sample size and the study's focus on a specific geographic location may limit the generalizability of the findings. Future research could benefit from a larger, more diverse participant pool.

The study includes a follow-up period, but a longer-term assessment could provide more insight into the durability of the treatment effects.

Exploring the specific mechanisms through which the therapies exert their effects could enhance understanding and refine therapeutic applications.

Response: Revised and uploaded the manuscript.

**2. Revised**

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.